

# KEEPING FIT WITH "KEYSTONE MABEL"

Exercise. Every Waking Minute Almost...That's How Miss Normand Trains for Her Strenuous Work in the Humorous Movies

Tennis? Nothing like it to develop every muscle in the body, she says; and she plays a game that would do credit to a professional.

Those who have seen "Keystone Mabel's" high dives on the screen will not be astonished to learn that she is an accomplished swimmer and diver.



Ready for the morning plunge. Miss Normand has her own private swimming pool at her Los Angeles home.



Nothing like fencing to give one poise and grace, and Mabel is no mean opponent with the foils.



"If more women would take the 'water cure' there'd be fewer doctor bills to pay," is Miss Normand's advice.



In the movies you must know how to fall off a horse as well as stay on. Miss Normand is an expert at both.



Here's Mabel, brimful of youth and vitality, putting the punch into a swift service.

Photos Courtesy  
Triangle Film Co.